



CAPSTONE MINING CORP.

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FOR IMMEDIATE RELEASE

February 25, 2010

#10-05

Capstone Mining Presentation at the BMO Capital Markets Global Metals & Mining Conference

VANCOUVER, BRITISH COLUMBIA – Mr. Darren Pylot, Vice-Chairman & CEO of Capstone Mining Corp. (CS: TSX), will be speaking on Monday, March 1, 2010 at 4:30 p.m. Eastern Time at the BMO Capital Markets 2010 Global Metals & Mining Conference being held in Hollywood, Florida at the Westin Diplomat Resort and Spa. A live webcast of Mr. Pylot's presentation will be available at that time at:

http://audability.com/AudabilityAdmin/Clients/CapstoneMining/10828_32201050000PM/.

Capstone's full corporate presentation, along with additional information about Capstone, is available at www.capstonemining.com.

About Capstone

Capstone owns and operates two high grade copper mines and has an advanced high grade copper-zinc development project, all located in favourable mining jurisdictions in North America. The Cozamin Mine is a high grade, relatively shallow, mechanized underground copper mine in Zacatecas, Mexico, with significant by-product credits of zinc, lead and silver. The Minto Mine is one of the world's highest grade open pit copper-gold mines, and is located in the Yukon, Canada. Both mines have recently undergone significant production expansions and the mines are forecast to produce a total of 90-100 million pounds of copper in concentrate in 2010 at a total cash cost of approximately US\$1.10 to \$1.20 per pound of payable copper, net of by-product credits and selling costs. In addition, Capstone owns the high grade Kutcho Copper Project in British Columbia, Canada, which is being advanced towards a production decision, and could produce significant by-products of zinc, silver and gold.

Capstone aims to grow both organically through its existing projects, and through mergers and acquisitions. Capstone's growth ambitions are backed up by a successful track record of growth through both avenues, and supported by a strong balance sheet and significant equity investments.

For further information about Capstone, please contact:

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